

Culinary Arts Foundations: Week 8

Day 1: Ch. 25 Pasta and Grains

- Objective: Identify different types of pasta; determine quality characteristics, selection and storage and preparation techniques of pasta.
- Starter # 1: Why does pasta become sticky when cooked? How can you avoid sticky pasta? Pg. 556 “Investigating Starch”
- Assignment:
 - Ch. 25 Study Guide: Pasta and Grains Pg. 551-567

Day 2: Pasta

- Objective: Observe how to properly make different types of pasta.
- Starter # 2: List 3 nutrients that are found in pasta.
- Assignment:
 - Lab Plan Pasta Lab and Sauce
 - Complete Ch.25 Study Guide

Day 3: Pasta Lab: Threshold

- Objective: Demonstrate ability to properly make pasta.
- No Starter
- Assignment:
 - Lab: Pasta and Sauce

Note: Want some groups to make spaghetti sauce and some make fettuccine. Need better pasta recipes. Pasta can not be wrapped together. Leave to dry on large baking sheets.

Day 4: Pasta Lab: Threshold

- Objective: Evaluate the different pasta and pasta sauces made.
- No Starter
- Assignment:
 - Lab Evaluation Sheet: Pasta and Pasta Sauces

Day 5: Other Grains

- Objective: Determine different types of grains and their cooking uses. Identify and define terms used with pasta and grains.
- Starter # 3: What is the best type of rice to use when making risotto? Pg. 561
- Assignment:
 - Study Guide: Other Grains pg. 562-563
 - Crossword Puzzle Ch. 25

Note: This unit needs some extra ideas—

Possibilities:

- ✓ “Apply It” Pg. 556: Evaluate amount of cooking liquid and affect of finished product.
- ✓ Lab-Based Activity Pg. 569: Making different types of polenta
- ✓ Lab Activities # 92-95

Name _____ Date _____ Period _____

Ch.25 Pasta and Grains
Study Guide
pgs. 551-567

Pasta (551-557)

1.) The main ingredient in pasta is _____.

2.) The other main ingredient in pasta is liquid, such as _____ or _____.

3.) Why is oil sometimes added to pasta dough?

4.) Define semolina: _____

5.) Which cooks faster fresh or dried pasta? _____

6.) List 5 different types of pasta. Give a description and use for each.

Pasta	Description	Use
a.)		
b.)		
c.)		
d.)		
e.)		

7.) Explain the following quality characteristics of pasta.

a.) Flour _____

b.) Freshness _____

8.) Both dry and fresh pasta are usually purchased by _____.

9.) Dried pasta should be _____ and _____.

The surface should look _____ or be marked by _____.

10.) Fresh pasta is difficult to get a _____.

11.) Dry pasta can be stored in a cool dry place for _____.

12.) Fresh pasta should be used _____. It can also be kept in the freezer to be used within a _____.

13.) What are two ways that pasta can be cooked?

14.) How many gallons of water should be used for 3 ponds of pasta? _____

15.) How should you test to see in the pasta is done? _____

16.) What piece of equipment do we drain pasta into? _____

17. Describe what al dente means. _____

Grains (pg. 559-567)

18.) Rice picks up the flavors of other foods so it is often served as _____.

19.) Rice _____ in volume as it cooks and yields a high profit.

20.) Short-grain rice contains the most _____. It becomes _____ when cooked, but is the most _____ type of rice.

21.) _____ - _____ is firm when it is hot. It becomes sticky when it _____.

22.) Long-grain rice remains slightly _____ when cooked properly. It can be used _____.

23.) Explain brown rice. _____

24.) White rice has the outer layers of the grain _____. Without the outer layers, the rice grain is white and _____.

25.) What is enriched rice? _____

26.) Explain converted (parboiled) rice. _____

27.) Cooking rice and grains involves adding enough _____ to make the grain _____ and _____.

28.) To boil grains, the grain is added to slightly salted boiling water and _____ until tender.

29.) To steam grains, and the appropriate amount of boiling liquid to the grain. Cover and cook the grain until _____.

30.) Braising or the _____, involves sautéing the grain in oil or butter before adding the _____.

31.) We will be using the risotto method. List the eight steps of the risotto method.

- 1.) _____
- 2.) _____
- 3.) _____
- 4.) _____
- 5.) _____
- 6.) _____
- 7.) _____
- 8.) _____

Name _____ Date _____ Period _____

Basic Pasta

Ingredients:

- 1 egg, beaten**
- ½ tsp. salt**
- 1 c. all-purpose flour**
- 2 Tbsp. water (more as needed)**

Directions:

- 1. In a medium sized bowl, combine flour and salt.**
- 2. Make a well in the flour.**
- 3. Add the slightly beaten egg and mix.**
- 4. Mixture should form a stiff dough. If needed stir in 1-2 Tbsp. of water.**
- 5. On a lightly floured surface, knead dough for about 3-4 min.**
- 6. Let dough rest for 10 minutes. (While your dough is resting clean dishes.)**
- 7. Flour the workspace and roll dough out to desired thinness. (Remember it needs to be almost paper thin.) Keep a dough scraper handy.**
- 8. Use a machine or knife to cut strips of desired width**

Name _____ Date _____ Period _____

Pasta Lab Evaluation

Directions: Please try the pasta with out any marinara sauce first. As you taste the pasta please evaluate the following information and answer the questions. You must use descriptive words or you will not receive points

	<u>Taste</u>	<u>Appearance</u>	<u>Texture</u>	<u>Tenderness</u>
Fresh Pasta				
Marinara Sauce				

- 1.) What type of flour is used for a good quality pasta and why? (551) _____

- 2.) Which takes longer to cook fresh or dried pasta? (551) _____

- 3.) How should fresh pasta be stored? (555) _____

- 4.) Why should you not cook fresh pasta ahead of time in a restaurant establishment? (555) _____

- 5.) When boiling the pasta what keeps it from sticking? (555-556) _____

- 6.) What piece of equipment do we use for draining pasta? (556) _____

- 7.) When cooking pasta it is important to cook it till it is “ _____ ”. What does this mean? (557) _____

- 8.) Define sauce: (457) _____

- 9.) What are the four ingredients found in a sauce? (457) _____

- 10.) What are the 5 “Mother Sauces”? (461) _____

- 11.) Describe a tomato sauce. (461) _____

Name _____ Date _____ Period _____

Other Grains

Pg.562-563

1.) What is barley? _____

2.) Barley has a slightly _____ flavor and _____ texture.

3.) List three things that barley is used for in cooking.

4.) Oats are the _____ of oat grass.

5.) What are oats mainly used for? _____

6.) Oat berries, or groats, do not have the outer layer removed, so they are _____.

7.) Wheat is a very versatile grain that is also milled into _____ and _____.

8.) List three things that wheat products can be served as.

9.) Corn is different from the other grains because it can be eaten _____.

10.) As a dried grain corn comes in two forms _____ and _____.

11.) Define polenta: _____

12.) _____ is made by soaking dried corn in lye so that the kernels become swollen.